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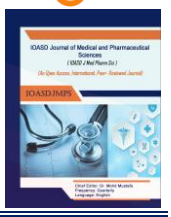

Health Information: The Catalyst for Counselling Analysis in Patient in Calabar South Local Government Area Cross River State, Nigeria

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ABSTRACT

Concurrently, there are concerns that health professionals lack the time and training to guide patients through the growing medical "data jungle." Health Information Counsellors would have broad knowledge of various kinds of health data and data quality evaluation techniques, as well as analytic skills in statistics and data interpretation. Trained also in interpersonal communication, health management, insurance systems, and medico-legal aspects of data privacy, Health Information Counsellors would know enough about clinical medicine to advise on the relevance of any kind of data for prevention, diagnosis, and treatment. The creation of this new specialty would help patients and health care professionals to make more informed choices about how increasing amounts of health data and information can or should inform health care. This qualities study investigation the catalysts that prompt patient to seek counseling analysis. Through in-depth interview with patients, we identified key triggers, including significant life event s mental health symptoms and interpersonal conflicts. The finding highlights the complex interplay between individual experience, emotional responses, and decision to seek professional help. The study provides insight into the counseling process, empathy, understanding and tailored support. The result have implication for mental health practioners, policy makers, and healthcare providers seeking to improve patient engagement and outcome.

Keywords: Health information, Catalysts, Counselling, patient, Analysis.

Review Article

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INTRODUCTION

Health information plays vital role in patient care, empowering individuals to make informed decision about their wellbeing. The catalyst for counseling analysis in patients often lies at the intersection of health information personal experiences, and emotional responses. As patients navigate complex health landscapes, they may encounter various catalysts that prompt them to seek counseling analysis.

Receiving a diagnosis can be a catalyst for patients to seek counseling analysis, as they grapple with the emotional and psychological implication of their condition. Patients may seek counseling analysis to better understand their treatment options, manage side effects or cope with the emotional impact of treatment, Effiom, B. E.; Janet P. & Babara O.E.J. (2019). Chronic illness, pain, or disability can lead to significant stress, prompting patient to seek counseling analysis to develop coping strategies. Certain medication can have emotional or psychological side effects, leading patients to seek counseling analysis to manage this effect.

Health information serves as a crucial component in the counseling and treatment of patients, Effiom, B. E.; Cyril B. A. & Bassey, Q. B. (2021). In calabar south, Cross River State, where healthcare resources may be limited, the importance of health information in enhancing patient outcome cannot be overstated. This article explores how health information acts as a catalyst for counseling analysis among patient,

faciliting better health decision and promoting overall wellness.

The Role of Counseling in Healthcare

Counseling in healthcare settings provides patient with the support they need to deal with various health-related concerns. It allows for personalized discussions about medical conditions, treatment plans, and lifestyle modifications. Effective counseling relies heavily on the availability and clarity of health information. When healthcare professionals utilize comprehensive health data, they can offer tailored advice and intervention that resonate with patient individuals circumstances.

Impact of health Information on Counselling Analysis

1. **Informed Decision – making**: Access to relevant health information enables patients to participate actively in their healthcare decision. In calabar South, where traditional beliefs about health often coexist with modern medical practices, clear health information can help bridge grasp and encourage patients to embrace evidence –based practices.
2. **Building Trust and Rapport**: Counseling is most effective went there is a strong therapeutic alliance between patients and healthcare providers. By providing patients with detailed information about their conditions and treatment options, counselor can foster trust and facilitate open communication.
3. **Cultural Sensitivity**: In calabar south, recognizing cultural influence on health is important. Health information that is present in culturally relevant n mi ways can enhance understanding and acceptance among patients. This cultural sensitivity enables counselors to tailor their approaches effectively, leading to better patient engagement. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people, Bassey Ekeng Dr. Effiom, Mary Oshama Ebuara, Mercy Lawrence Dr. Ekwok, Akomaye Agwu & Prof. Elizabeth G. Akpama Sarah Ijeoma Ukwekie, Julia Njong Obi, Undie (2020).

4. **Tailored Interventions:** Each patient's health journey is unique. Health information allows counselors to analyze specific health data, leading to personalized intervention. For instance, understanding a patient's medical history, including chronic disease or prevent condition in the region, allows for targeted counseling strategies.

Health information encompasses a wide range of data, including medical histories, diagnostic results, treatment option, and preventive health measure. For patients in Calabar south, accurate and accessible health information is vital for understanding their health conditions. It empowers patients to make informed decision regarding their treatment and lifestyle choices.

Challenges in Accessing Health Information

Despite its importance, several challenges hinder the accessibility and utilization of health information in calabar south. Many healthcare facilities may be a shortage of trained healthcare professional who can deliver effective counseling. The digital divide can limit access, to online health resource, especially in rural areas. Patient may not have access to the internet or the skills needed to navigate online health information.

The Catalyst for Counseling Analysis in Patient

One of the most common triggers for counseling analysis is the presence of mental health symptoms such as anxiety, depression, mood disorder, or psychosis. These symptoms may be self reported by the patient or observed by healthcare professionals during consultation, America Psychiatric Association. (2013). Significant changes in behavior, such as substance abuse, aggression, withdrawal, or self-harming actions, can prompt immediate counseling underlying psychological distress that needs intervention, Prochaska, J. O. and Norcross, J.C. (2018). Persistent emotional struggles, including prolong sadness, fear, irritability or feelings of hopelessness are powerful indicators of psychological imbalance. Emotional distress, especially when it disrupt daily functioning, is strong catalyst for counseling assessment, Nezu, A. M, Nezu,C.M. &Geller, P.A. (2003).

Stressful life event – such as the death of a loved one, divorce, trauma, financial hardship, or job loss – can overwhelm a person coping mechanisms. Counseling analysis I such context helps assess psychological resilience and the need for therapeutic support, Gurman, A.s. & Messer,S.B. (2011). Chronic illnesses such as cancer, diabetes, and autoimmune disease can lead to emotional and psychological strain. Counseling analysis helps address the metal health need of patient coping with the stress of long-term medical conditions, Barlow, D.H.(Ed), (2014). Often, healthcare providers such as general practitioner, nurses, or psychiatrists ay observe signs of mental health issues and refers the patient for counseling analysis, Corey, G. 2017.

CONCLUSION

Health information is integral to the counseling process and serves as a catalyst for effective counseling analysis among patients in Calabar south. By ensuring that Patient have access to accurate, relevant and culturally sensitive health information, healthcare providers

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